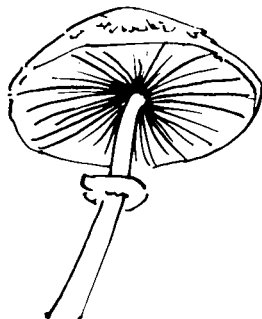


CONSUMER INFORMATION

HOME ECONOMICS NO. 24-1971
GRACE BRILL and SHERYL NEFSTEAD

The chief mushroom available in United States food markets is the common cultivated mushroom, Agaricus campestris. In specialty markets, dried mushrooms may be purchased. Canned truffles from France are also available but are quite expensive. A 1/2 cup serving of canned mushrooms yields 20 calories and contributes some B vitamins and iron to the diet.¹

SELECTION



Select fresh or canned mushrooms on the basis of the recipe being prepared or personal liking. Fresh mushrooms may be preferred as a garnish or in omelets; canned mushrooms may be preferred for baked dishes. Select fresh mushrooms that are free from discoloration and shriveling. If you select wild mushrooms, use a reliable mushroom publication to identify the species to be sure it is safe for eating.

STORAGE

Store fresh, unwashed mushrooms in a plastic bag or loosely covered container in the refrigerator; use within 5 days.

Store frozen mushrooms at 0° F. for optimum quality; use within 9 months.

Store dehydrated and canned mushrooms in a cool, dry place below 70° F.; use within 12 months.

YIELD

One pound fresh mushrooms (sliced and cooked) equals one 8-ounce can sliced mushrooms.

One pound fresh whole mushrooms equals about two cups cooked mushrooms.

Two ounces dried mushrooms (soaked in 1½ cups water) equal 1 1/3 cups chopped mushrooms and liquid.

1 pound fresh mushrooms equals about four servings.

PREPARATION

Rinse mushrooms under cold water and dry on absorbent paper.

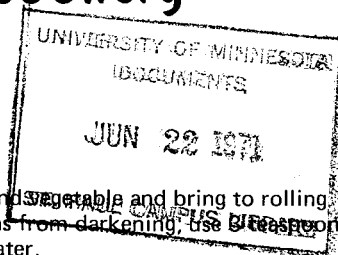
Do not soak or peel mushrooms—they will absorb water.

Mushrooms may be cooked whole, sliced, or chopped.

To saute mushrooms, slice 1/4 inch thick, brown in fat for 5-10 minutes and season with salt, pepper, or paprika.

Broil whole caps under direct heat for 10 minutes or until brown.

Mushroom Cookery



FREEZING

Use 1 gallon water per pound of vegetable and bring to rolling boil. To prevent mushrooms from darkening, use 6 teaspoons lemon juice per quart of water.

Place small, whole mushrooms or cut-up pieces in wire basket or large loose cheese cloth bag. Submerge in boiling water. Scald small, whole mushrooms 4 minutes; scald cut pieces 3 minutes. Chill immediately in ice water. Keep the kettle covered during scalding and keep the heat high. Start counting scalding time as soon as you put the mushrooms into the boiling water.

ALTERNATE METHOD

Mushroom slices may be sauted in butter for 2 minutes, cooled, and packed in freezer containers. The excess butter from sauteing may be poured over the mushrooms.

CHICKEN AND MUSHROOM MARENGO*

Serves 4 to 6

- 2/3 lb. fresh mushrooms (a 6-oz. can whole mushrooms)
- 3/4 cup salad oil
- 1 8-oz. jar tiny whole white onions
- 4 to 5 lb. frying chicken, cut in serving pieces
- 1½ teaspoon salt
- 1/8 teaspoon black pepper
- 3 tablespoons flour
- 2 cups canned tomatoes (No. 303 can)
- 1/4 cup sliced green olives
- 1 1/2 tablespoons chopped parsley
- 1 clove, finely minced garlic (2 teaspoons garlic juice or 1/2 teaspoon minced [dry] garlic)
- 1/4 teaspoon thyme

Rinse and dry fresh mushrooms or drain canned ones. Heat 1/4 cup oil, add mushrooms and onions, saute 5 minutes in small skillet. Sprinkle chicken with salt and pepper. Brown chicken in 1/2 cup oil in large skillet. Remove chicken and reduce fat to 3 tablespoons; add flour and brown. Gradually add mushroom mixture, chicken, tomatoes, olives, parsley, garlic and thyme. Cover and cook over low heat until chicken is tender—about 45 to 60 minutes.

¹ Nutritive Value of Food, Home and Garden Bulletin No. 72, U.S.D.A.

* Recipe adapted from American Mushroom Institute.

WILD RICE STUFFING

- 1 cup raw wild rice
- 3 cups chicken broth*
- 1 cup diced celery
- 1/4 cup instant minced onion
- 1/2 cup butter or margarine, melted
- 4 ounce can mushrooms (or 1/3 pound fresh mushrooms)
- 1/3 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon sage
- 1/4 teaspoon thyme

* If chicken stock isn't available, make chicken broth by dissolving 3 chicken bouillon cubes in 3 cups of boiling water, or use canned broth.

Wash rice by running water through it in a wire strainer until the water runs clear. Cover 1 cup of rice with fresh water and soak it several hours or overnight. Heat to boiling 3 cups of chicken broth and 1/3 teaspoon of salt. Add 1 cup of rice, lower the temperature until the broth simmers slowly, cover it, and cook the rice for 30-45 minutes or until the broth is absorbed. Sauté celery, onion, and mushrooms (if fresh) in butter for 2-3 minutes. Combine all ingredients. Makes about 6 cups, or enough dressing for a 10-pound turkey.

MUSHROOM CASSEROLE

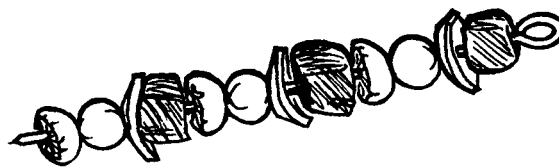
6 servings

- 2 10-ounce packages frozen cut green beans
- 1/4 cup finely chopped onion
- 1/4 cup water
- 1 teaspoon salt
- 1 10½ ounce can condensed cream of mushroom soup
- 1 4 ounce can mushroom pieces, drained, chopped
- 1/2 cup canned French-fried onion rings

Cook beans and chopped onion in water with salt until beans are tender, 8 to 10 minutes. Drain.

Stir in undiluted soup and mushrooms. Pour into greased 1 1/2 quart casserole. Top with onion rings. Cover and bake at 350° F. for 30 minutes.

Mention, by title, of publications on mushrooms is solely for reader convenience and does not imply endorsement, nor does failure to mention a title imply criticism by the Minnesota Agricultural Extension Service.



LAMB SHISH KEBOBS

(6 servings)

- 2 pounds boneless 1½-inch lamb cubes
- 3 tablespoons oil
- 1/4 cup lemon juice
- 1½ teaspoons salt
- 1 teaspoon marjoram
- ½ teaspoon oregano
- 1/3 cup chopped onion
- 1 garlic clove, crushed
- 3 green peppers, cut in eighths
- 24 cherry tomatoes
- 24 mushroom caps, fresh or canned

Marinate lamb overnight in the refrigerator in a mixture of oil, lemon juice, salt, marjoram, oregano, onion, and garlic.

Pour boiling water over green pepper pieces to cover them, let stand 5 minutes, drain.

Alternate lamb cubes, green pepper pieces, whole tomatoes, and mushroom caps on metal skewers. Brush with some of remaining marinade. Broil 15 to 20 minutes, turning as needed, until lamb is desired doneness.

Beef could be substituted for lamb in this recipe.

Suggestions for Other Kebobs

Calves liver or chicken livers, small bacon squares, and mushroom caps may also be used on a skewer and broiled or cooked over hot coals.

Other Mushroom Publications

Common Edible Mushrooms, Clyde M. Christensen, Branford Press, Boston, Massachusetts 02159

"Edible Wild Mushrooms," Clyde M. Christensen, Extension Bulletin 357, Agricultural Extension Service, University of Minnesota 55101

"Freezing Foods for Home Use," Shirley T. Munson, James D. Winter, Melvin L. Hamre, and C. Eugene Allen, Extension Bulletin 244, Agricultural Extension Service, University of Minnesota 55101

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